

## Keeping families and children well

# COVID-19 Bulletin

Information for schools, child care services and family day care services in western Sydney.

Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

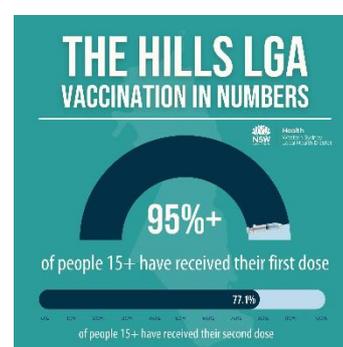
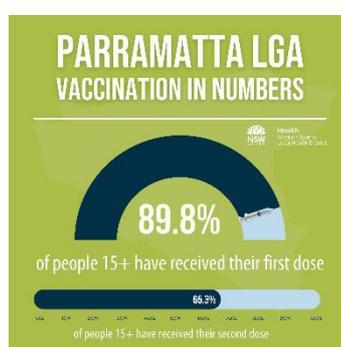
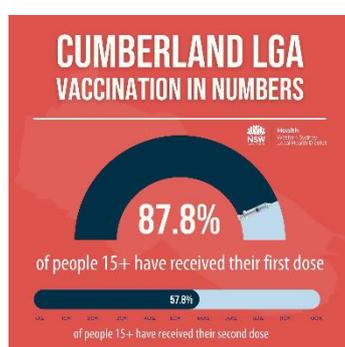
Welcome to the latest COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for childcare services, schools and families to keep everyone healthy and active during this time. **Become a COVID-19 Bulletin subscriber [here](#).**

## LATEST NEWS

### COVID-19 vaccination updates

62.9 % of people 16+ in NSW are fully vaccinated, as at 30 September.

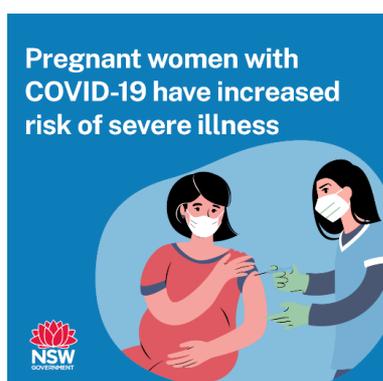
Vaccination rates for western Sydney LGAs, as at 27 September are below. Thank you Western Sydney!



### Not vaccinated for COVID-19?

- Everyone aged 12+ is eligible for COVID-19 vaccination.
  - **Pfizer and Moderna vaccines are now available to people 60+**
  - Vaccination is important for the health of pregnant women. [Post for sharing](#).
  - Vaccines for children under 12 are still being trialled. **The best protection for young children is vaccination of the adults around them.**
- **Vaccinations are available** through GPs, pharmacies, NSW Health vaccination clinics, walk-in vaccination clinics and outreach vaccination clinics. Read more and access booking links [here](#).
  - Walk-in AstraZeneca appointments available for anyone aged 18+ across Greater Sydney at Qudos Bank Arena.
- **Know the facts about COVID-19 vaccination [here](#).** Vaccines are safe [video](#), [Facebook](#), [LinkedIn](#), [Twitter](#), [Instagram](#).

More COVID-19 vaccination information [here](#).



### For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



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## Your COVID-19 vaccination certificate is available

- Online through your Medicare online account, Express Plus Medicare app, My Health Record and the Individual Healthcare Identifiers Service. Information [here](#), and in 17 languages [here](#).
- As a hardcopy, call the Australian Immunisation Register on 1800 653 809 between 8am-5pm, Monday to Friday and they will mail it to you.
- For adding to your Apple Wallet or Google Pay. Once you have your certificate in your Medicare app on your phone, go to “view your digital certificate”, underneath you will see options to “add to Apple Wallet” or “add to Google Pay”. Click on the button provided and it will be automatically added.



## NSW restrictions

Stay at home orders are in place for **all** of Greater Sydney, including the Blue Mountains and Wollongong LGAs and [parts of](#) regional NSW. Regional stay at home orders are changing often. Find the rules for where you live [here](#).

### Restriction changes:

- **Outdoor pools** can now open, if they have a [COVID safety plan](#) using the NSW Health approved template. You can visit a pool either within in your LGA or within 5km of home. Read more about rules for outdoor recreation [here](#).
- All **construction sites** across NSW can now have 1 person per 4 square metres. Read more [here](#).
- **From 11 October**, 2 fully vaccinated people 12 years and over per day will be allowed to visit people in aged care.
- **From 18 October**, the staggered return to face to face learning at NSW schools will commence. [Read more here](#).



### NSW roadmap for easing restrictions:

- 70% fully vaccinated target – 11 October is firming as the day this takes effect. Note some adjustments have been made since the initial announcement. Read more [here](#).
- 80% fully vaccinated target has been announced, with further easing of restrictions for fully vaccinated people. Details [here](#). [Post for sharing](#).
- By 1 December, we anticipate over 90% of adults will be fully vaccinated and restrictions will ease for vaccinated and unvaccinated people.



More information: [Common questions about the rules, legislation and penalties](#)

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### Changes to COVID-19 payments

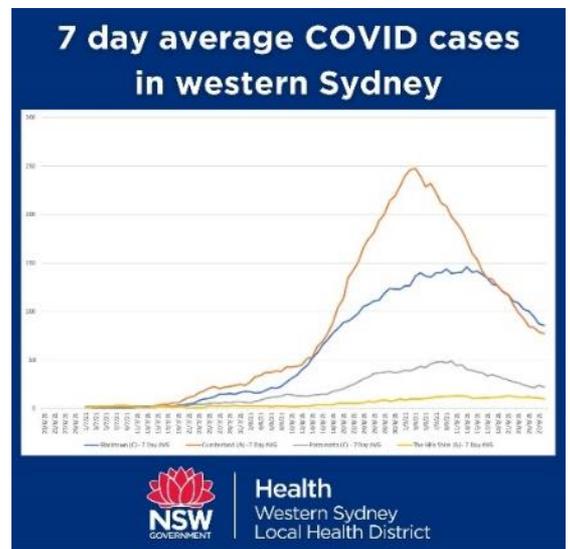
- Changes to COVID-19 disaster payments will occur at 80% vaccination rate. Read more [here](#).
- Changes to JobSaver will also occur at 80% vaccination rate. The NSW Government contribution to JobSaver will be maintained until 30 November. Read more [here](#).

### COVID-19 case alerts: new exposure sites in western Sydney

Our 7 day average COVID cases in western Sydney are shown on the graph at right.

Thank you Western Sydney for:

- Staying home
- Getting tested
- Getting vaccinated.



Please check [here](#) for new exposure sites.

### COVID-19 testing

Western Sydney suburbs of most concern remain **Auburn, Guildford, Merrylands and Blacktown**.

Please get tested if you have [symptoms](#), even if they are mild. More than 40 Western Sydney testing clinics available. Find your nearest one [here](#).

#### Need copies of your COVID-19 test results report for work or school?

If you had your COVID-19 test done by NSW Health Pathology, you can now access your results through a new secure online Results Portal. Find out more [here](#).



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### Information for families – road map to face-to-face learning



#### Transition to school post-lockdown

Community Early Learning Australia (CELA) Educator, Kate Damo shares some tips and insights into how we can help children transition more smoothly to school.

Read more [here](#)



#### Keeping safe as we come out of lockdown

As more children and families make a return to early education and care, it will be imperative to keep staff and children as safe as possible. This article provides a handy guide for early learning centres on COVID safety considerations including masks, hygiene, QR codes, pick-up and drop-offs and ventilation to name a few.

More information [here](#)

For the latest advice on the Roadmap to face-to-face learning please check [here](#)

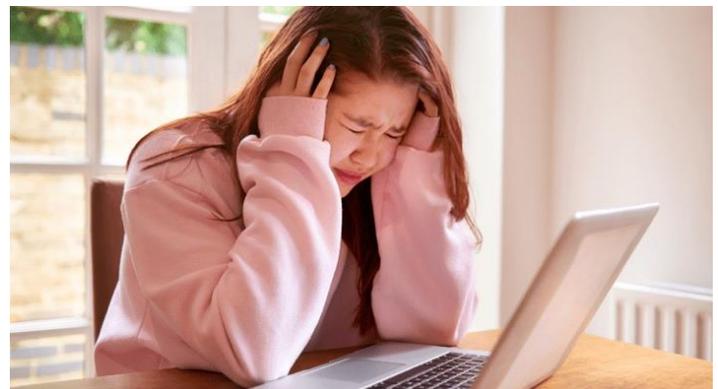
### Mental wellbeing & COVID-19 – Information for families

#### New phone app to support children's mental health and wellbeing

A new, free phone application with information, ideas and guidance for parents to help them provide additional support your child's mental health and wellbeing is now available. More information [here](#)

#### STRIDE - Safe Space Blacktown, for better mental health

If you're feeling distressed and need a safe space, STRIDE, Safe Space Blacktown provide a warm, welcoming environment for people 16+. No referral needed. Contact 0402 511 436 or visit 24 Panorama Parade Blacktown. Open 3 - 9pm, Wednesday to Saturday. More information [here](#)



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### Online space for students in Western Sydney to come together and feel supported

- **HSC & Beyond:** A space for HSC students to come together and feel supported.
  - Every Tuesday 3.30 - 4.30pm
  - Every Thursday 12 - 1pm
- **Connected:** A space for young people to discuss ways to stay connected amidst the pandemic.
  - Every Wednesday 3.30 - 4.30pm
  - Every Friday 12 - 1pm

To join: phone Redbank House on (02) 8890 6577, ask for Carly Boaler or Shameel Faizal or email,

[carly.boaler@health.nsw.gov.au](mailto:carly.boaler@health.nsw.gov.au) or [shameel.faizal@health.nsw.gov.au](mailto:shameel.faizal@health.nsw.gov.au).



**Get Connected**

Join an online space for young people, 13+ years to come together

Wednesdays 3.30-4.30pm  
Fridays 12-1pm

You got this.

8890 6577  
Carly.Boaler@health.nsw.gov.au  
Shameel.Faizal@health.nsw.gov.au

 Health  
Western Sydney  
Local Health District

### New resources

In language COVID-19 print and web resources available [here](#). You can search resources by language [here](#).

Updated and new resources:

- [Advice for a confirmed case](#)
- [Advice for close contact \(non-household\)](#)
- [Advice for close contact \(Household\)](#)
- [Advice for casual contact](#)
- [Advice for parents and carers of people who need to be isolated](#)
- [Release and recovery from COVID-19](#)
- [COVID-19 Advice for tradespeople working in residential premises](#)
- [Additional COVID-19 support for vulnerable and multicultural communities video, Facebook, LinkedIn, Twitter and Instagram.](#)

### Healthy@Home



**Healthy@Home**

**Your smoke harms others**

Don't smoke close to home

 Health  
Western Sydney  
Local Health District

Call **Quitline 13 7848**  
[quit.org.au/coronavirus](http://quit.org.au/coronavirus)

While we are all spending more time at home, it's important to protect our loved ones from second-hand smoke. Go outside and move away from the home. If you'd like to cut down or quit smoking, contact Quitline for help

More information here: <https://tinyurl.com/smokingduringcovid>

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### Doing the same walk with the kids each day during COVID-19?

Mix it up and play games like “Spotto”, where you try and find something yellow on your walk or “I Spy”, where you take turns to find something with the first letter given as a clue such as F (fence).

Or change the directions or the time of day that you walk for something different. Here are some local walking and cycle paths for your family to include in your daily exercise: <https://tinyurl.com/west-walking>

### Remember to keep COVID safe when you're out and about:

- Wear a mask at all times
- Keep a distance of 1.5 metres from others
- Follow the restrictions advice for your area

<https://www.nsw.gov.au/covid-19/rules/greater-sydney#greater-sydney-restrictions>

### COVID-19: Need more information or help?

#### Websites:

- Check [latest announcements](#) and [NSW Health COVID-19 information](#)
- Check Australian Government [COVID-19 information](#)
- Follow NSW Health on [Facebook](#) and [Twitter](#)
- Visit [www.healthdirect.gov.au](http://www.healthdirect.gov.au) to check symptoms
- Visit <http://www.nsw.gov.au/covid-19> for all other COVID-19 related information
- Visit [COVID-19 Community Resources website](#). Subscribe [here](#).

#### Who to call:

- Call National Coronavirus Hotline on 1800 020 080 (24/7) for health questions or to check symptoms
- Call Service NSW on 13 77 88 (24/7) for non-health related questions
- Call Beyond Blue on 1800 512 348 (24/7) for mental wellbeing support
- Call Translating & Interpreting Service on 13 14 50 for FREE help in your language
- Call COVID-19 Let's Talk on 8890 5236 to talk about stress and lifestyle changes during COVID-19

#### Resources:

- [Coronavirus Australia app](#)

### Feedback – we would love to hear from you

We appreciate any feedback or suggestions you have on our 'Keeping families and children safe – COVID-19' bulletin.

Please click [here](#) to complete our short bulletin survey. Thank you.

*Information is current at date of issue – 30 September 2021*

***We acknowledge the Darug people, the traditional custodians of the land/s on which we work, and pay respect to elders past, present and emerging.***

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